

Danger: Distraction

Road construction workers are 6 times more likely to be injured or killed on the job compared to other professions. Cell phones and other electronic devices are big distractions. They increase your reaction time, reduce your work accuracy, and cause inattentional blindness where you can be looking at something but not actually see it.

**ALERT
&ALIVE**

THERE ARE **NO** DO-OVERS



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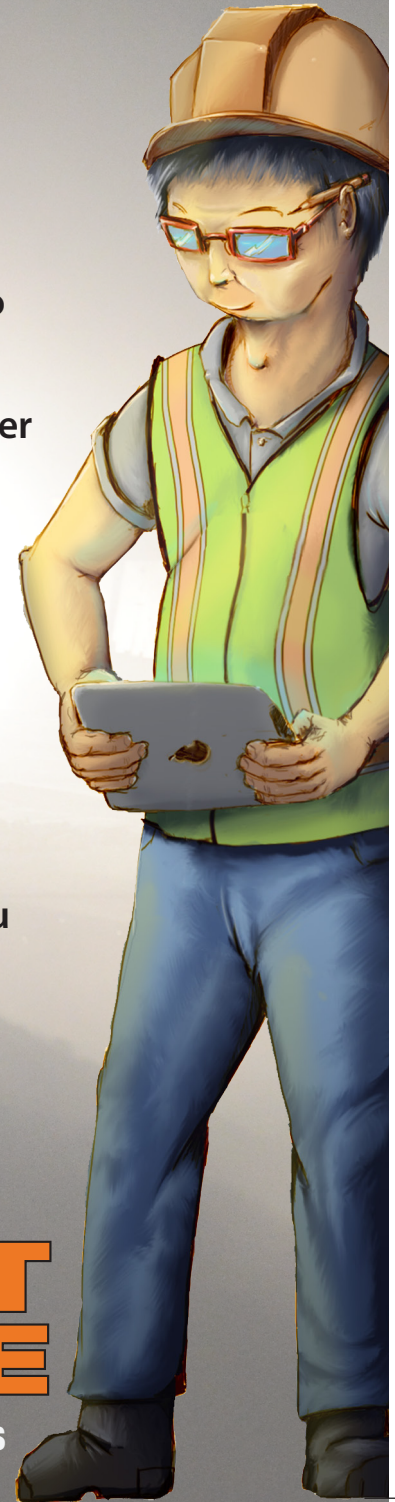


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Make constant awareness a top priority through these tips:

1. Stay Off the Phone!

Do NOT use personal electronics while operating equipment. Make sure the vehicle or equipment is stopped completely before using a smartphone or smart tablet for work purposes.

When you need electronics for your job, remember to look up often and in alternating directions.

If a phone call or text must be sent while on the job site, establish an anchor point (vehicle, structure, equipment) to put your hand or arm on while you use the phone. This keeps you from wandering while talking or texting.

Do NOT use electronics while flagging, other than for coordinating traffic control movements with other flaggers.

2. Follow Company Policy.

Use hands free devices or voice command.

Practice working with any electronic devices you need to use before getting on the jobsite.

Have devices properly mounted instead of trying to hold them.

Only use personal electronics in approved safe zones or during breaks. Talking, texting, games, and pictures can wait.

3. Look Around or Have a Spotter.

Some work tasks use handheld devices. Look up every 2 seconds to check for new risks.

If you need longer focus, have a spotter next to you to watch for risks.



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